

**A variety of support groups are offered  
at the Boulder Senior Centers for caregivers and individuals.**

**Call the Senior Resources staff at 303-441-4388  
for more information.**

Alzheimer's and Dementia, 1<sup>st</sup> Thursday, Noon – 1:30 p.m. East Center

Men's Support, 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 10:30 a.m. – Noon, West Center

People with Parkinson's, 3<sup>rd</sup> Tuesday, 10 a.m. – Noon, East Center

Beyond Vision (low vision), 4<sup>th</sup> Monday, 1 – 2:00 p.m., West Center

Women's Support Groups – please call 303-413-6377 before attending:

Monday group, 10 – 11:30 a.m. – may be full, West Center

Monday group, 1:30 – 3:00 p.m., West Center

Thursday group, 1:30 – 3:00 p.m., West Center

Widowed Persons, Boulder – 4<sup>th</sup> Wednesday, 10 a.m. – Noon, East Center

**Locations:**

East Boulder Senior Center, 5660 Sioux Drive, Boulder, CO 80303

West Boulder Senior Center, 909 Arapahoe Avenue, Boulder, CO 80302

East Center: 303-441-4150 - West Center: 303-441-3148